

July - 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Low Vision Group Meeting 10:00 SHINE Ins. Help 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage	2 Shopping Shuttle/Shaws 9:00 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker 1:00 Bingo* Fourth of July Special	3 9:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist Noon: Fourth of July Special: Hot Dogs, Patriotic Sing-a-Long & Ice Creams!	4 HOLIDAY COA CLOSED FOURTH OF JULY
7 9:00 Exercise 10:00 Scrabble 12:00 Poker 12:30 Line Dancing	8 9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Blood Pressure (free) at Senior Center 10:00 Walking Group 10:00 Wii Games (new) 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage 3:00 Supper Club "Isaacs in Plymouth"	9 Shopping Shuttle/S&S 9:00 Exercise 10:00 Handicrafts 10:00 Quilting 10:30 No Triad today! 10:30 Ask the Lawyer (by appointment) 12:00 Poker 1:00 Eye Exams (free by appointment)	10 9:30 Chair Yoga 10:00 CVS Seminar* (please call to sign up) 10:00 Photography 10:00 Financial Help (by appointment) 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist	11 9:00 Exercise 9:30 Hanover Mall/Trader Joe Shopping 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 1:00 Women's poker 1:00 New: Canasta
14 9:00 Exercise 10:00 Scrabble 12:00 Poker 12:30 Line Dancing 1:00 Belles & Beaux Music/Refreshments*	15 9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Games (new) 10:00 SHINE Ins. Help 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage	16 Shopping Shuttle/Shaws 9:00 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker 1:00 BINGO* Ice Cream Sundaes 1:00 Hearing Exams (free by appointment)	17 9:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist	18 9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 12:30 Ask the Lawyer (by appointment) 1:00 Women's poker 1:00 New: Canasta 2:00 COA Board Meeting*

<p style="text-align: right;">21</p> <p>9:00 Exercise 10:00 Scrabble 12:00 Poker 12:30 Line Dancing</p> <p style="text-align: center;">Horizon's Edge Casino Cruise Trip (ticket holders only)</p>	<p style="text-align: right;">22</p> <p>9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Trip Lottery for August Newport Trip 10:00 Masspro Seminar* (Please call to sign up) 10:00 Wii Games (new) 10:00 Walking Group 10:00 SHINE Ins. Help 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Bridge 1:00 Cribbage 1:00 Ask the Lawyer (by appointment) 3:00 Supper Club "Bertucci – Braintree"</p>	<p style="text-align: right;">23</p> <p>Shopping Shuttle/S&S 9:00 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker</p>	<p style="text-align: right;">24</p> <p>9:30 Chair Yoga 10:00 Photography 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist 2:00 Associates Meeting</p>	<p style="text-align: right;">25</p> <p>9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 1:00 Women's poker 1:00 New: Canasta</p>
<p style="text-align: right;">28</p> <p>9:00 Exercise 10:00 Scrabble 12:00 Poker 12:30 Line Dancing 1:00 Tea & Special Entertainment*</p>	<p style="text-align: right;">29</p> <p>9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Games (new) 10:00 SHINE Ins. Help 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage</p>	<p style="text-align: right;">30</p> <p>Shopping Shuttle/Shaws 9:00 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker 12:00 Movie Day * Movie: "Bucket List" Bring lunch - we'll supply root beer floats today!</p> <p>(Movie subject to change - call day of movie in a.m. to check title)</p>	<p style="text-align: right;">31</p> <p>9:30 Chair Yoga 10:00 Photography 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p>	<p>All special activities * will have a write up in this newsletter with information regarding the activity, date, charges and sign up requirements etc.</p> <p>Please check newsletter or call 781-848-1963 for this important information.</p>

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